

CHECK UP

JANUARY 2006

A MAGAZINE FOR EMPLOYEES
OF LEHIGH VALLEY HOSPITAL
AND HEALTH NETWORK

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What's Wrong With This Photo?

Find out on pages 10 and 11.

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Issues & Initiatives

Envisioning a Healthy Future

Our skill, creativity and compassion
create great things for people in
and around our community



What kind of future did you envision

when you were young? Maybe you saw yourself as a rock star...a firefighter...a princess...an astronaut. Your future may have turned out very differently. Regardless, it's true that our future is not entirely an accident. Humans have enormous creative potential—what we can envision, we do have the power to make happen.

This past year, we've tapped into our intellectual and emotional intelligence like never before, turning our visions into a healthy reality for people throughout our Lehigh Valley. Some of us, like neurosurgeon Christopher Lycette, M.D., and a team of pediatric intensive care unit (PICU) nurses combined the latest technological knowledge with old-fashioned ingenuity to create magnificent outcomes for two young children who suffered severe head trauma in separate auto accidents.

To relieve potentially fatal swelling, Lycette removed a portion of each child's skull, stored the bone in a freezer, then replaced the skull when the swelling subsided. Meanwhile, nurses like Lori Milot, R.N., monitored the oxygen in each child's brain with a brand-new device, one the PICU team studied for months. Today, both children are fully recovered.

Another visionary team, our maternal fetal medicine specialists, are creating limitless futures for mothers-to-be. Such specialists are in high demand nationwide, but we have six, offering 24-hour-a-day, seven-day-a-week care to pregnant, high-risk mothers-to-be and their families in the Lehigh Valley and in outlying areas.

Carolyn Thomas of Whitehall had a serious heart condition that threatened her and her unborn baby's lives, so she turned to our maternal fetal team.

They collaborated with an entire team of caregivers

to plan her delivery. The result: a healthy son, Seth, now almost 2 years old and thriving.

Our vision of a healthier life extends directly into our community. This year, we invested a record \$84.1 million in community service, including uncompensated care for people unable to pay and services for people with limited income. Our outreach includes information services colleagues volunteering to help adults in need at a local shelter and physicians like plastic surgeon Walter Okunski, M.D., volunteering to help children with cleft lips and palates. It also includes enhanced services for our region's growing Latino community. You can read more about our interpreter services on pages 10-11.

As you read *CheckUp*, you'll see even more examples of colleagues who envision great things for our patients, and each other. Read about how our tele-intensivist team helped save Martha Hotaling's life (and ensured she made it to the altar) on pages 6-7. Read how people like security director Jerry Kresge and diabetes educator Eileen Komar, R.N., chose to live healthier lives through Culture of Wellness on pages 4-5.

As our organization continues to grow, imagine all the new, exciting ways we'll help people lead healthier lives—from sparkling new facilities like the Kasych Family Pavilion to new initiatives like a virtual reality program to ease the pain for young burn victims. Together, we'll continue finding the most innovative ways to make our community healthier. What we can envision, we have the power to make happen.

Elliot J. Sussman, M.D.
President and Chief
Executive Officer

Lou Liebhaber
Chief Operating Officer

Local Ties, *International* *Expertise*

New trustee Mark Bye brings unique perspectives to the Lehigh Valley Health Network board

He's helped mold Air Products and Chemicals, Inc., into a worldwide leader,

working in the United Kingdom, Holland and Singapore. Now, Mark Bye is home in Allentown, and he's using his experience to help create a healthier Lehigh Valley.

The newest member of the Lehigh Valley Health Network board of trustees, Bye has considerable experience in health care business and managing Air Products' worldwide growth. As a result, he's well-suited to help guide LVHHN's future.

"Many organizations suffer from growing too fast and therefore don't have the future they envision," Bye says. "LVHHN has a wise track record of investing in growth that gives our community the highest quality services, and I look forward to helping continue that tradition."

Born in Mt. Vernon (a suburb of New York City), Bye relocated here when he started at Air Products 22 years ago and has always maintained ties to the community, even while working overseas. His sons, Cameron

and Colin, were born at LVHHN. (Daughter Vanessa was born in Singapore.)

Currently vice president for Air Products' gases and equipment group, Bye oversees a \$6 billion division with a strong healthcare tie. They produce and provide helium to operate half of the world's MRI machines, and also provide oxygen to help patients breathe easier. The company also operates a global home care business that includes Young's Medical Equipment, a provider of products like wheelchairs and walkers.

Bye's involvement in the board furthers the legacy of Leonard Parker Pool, the founder of Air Products and the driving force behind what today is LVH-Cedar Crest. Together, the two organizations form a longtime partnership for the betterment of the community. "Mr. Pool always encouraged the people at Air Products to support the hospital in many ways, including board membership," Bye says. "It's a legacy we're proud to continue."

Kyle Hardner



Room to grow—Mark Bye joins a board of trustees that's overseeing LVHHN's tremendous growth. "The trustees on the board are open, honest and truly interested in making the hospital better," he says. "It's a privilege to join such a team."

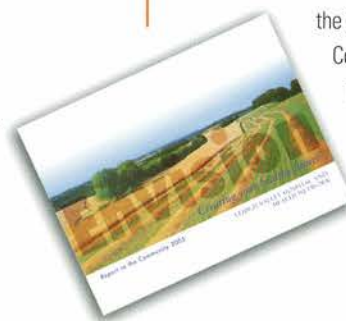
Our Trustees: Focused on Community

The 20-person board of trustees provides oversight of hospital management. It approves yearly operating and capital budgets, critically and carefully reviews growth projects, and selects and evaluates President and CEO Elliot J. Sussman, M.D., who in turn serves as a trustee.

Above all, the board helps ensure the hospital fulfills its mission to heal, comfort and care for our community. This year, we invested **\$84.1 million** in community service, including uncompensated care for those unable to pay for needed services, and clinics and other programs for people with limited income.

Learn more about our community

service. Get your copy of the 2005 Report to the Community or the Community Annual Meeting by calling 610-402-CARE.



Guess How They Stay Well

Our Culture of Wellness benefit is a cost-effective way to keep you and your family healthy



A



B



C



D

Here's \$500. Use it to improve your health. That's the offer on the table under your Culture of Wellness benefit.

This benefit reimburses you for the cost of participating in an approved wellness class.

More and more of your colleagues are taking advantage of the benefit. In fact, participation increased 18 percent in 2005.

See if you can match the colleague with the wellness program in which he or she participated.



1



2



4



3

Want to sign up for a class? Call 610-402-CARE to find out about the many Culture of Wellness programs available.

Now There's More for You!

Have a healthy new year with these improvements to your Culture of Wellness benefit

This year, you'll have even more ways to take advantage of your \$500 benefit. Healthy You programs have been extended from six to eight weeks. Plus, several new programs have been added to ensure that every employee and family member can find a class he or she enjoys. Here are some examples:

Back Care

Alleviate back pain by learning stretching and strengthening techniques

Ener-Chi

Increase power and flexibility and find peace by fusing several Chinese disciplines

Mindfulness-Based Childbirth and Parenting

Step into parenting with greater self-awareness and improved communication skills

If \$500 isn't enough, there are ways to put more wellness dollars in your account:

- Fill out a personal health risk assessment online and receive \$25 in wellness dollars.
- Because smoking cessation is now covered under Choice Plus, you'll have more wellness dollars to spend on other programs.

A Culture of Wellness catalog will be mailed to your home soon, providing you with a complete list of all programs available. After reviewing the catalog, you'll have the opportunity to attend a wellness fair:

- **Jan. 11** in LVH-Cedar Crest's Anderson lobby and classroom 2
- **Jan. 16** in the LVH-Muhlenberg lobby
- **Jan. 19** in LVH-17th and Chew's Center for Healthy Aging

All fairs will be held 11 a.m. – 2 p.m.

Want to enroll in a class?

Call 610-402-CARE.

Want to learn more about Mindfulness-Based Stress Reduction?

You can read the success stories of participants and get a book list on the intranet at www.lvh.com

D 1



She Found Calm in Chaos

Whenever a traffic jam made her late for an appointment, the stress level of certified diabetes educator Eileen Komar, R.N., would skyrocket. By taking Mindfulness-Based Stress Reduction, she learned how to meditate, do yoga and deal with uncomfortable situations. "Now, I live in the moment and don't worry about things I have no control over, like traffic," Komar says. She also found support in fellow classmates, who would share their stories during each meeting. "I realized everyone has problems—no one is perfect." Since taking the classes, Komar's blood pressure dropped from 140/90 to a

healthy 120/80. She also lost 15 pounds by eliminating stress-induced snacking (the course taught her how to eat mindfully and savor each bite, therefore becoming full sooner). "I used to worry and become tearful," she says, "but now I have new methods to deal with stress."

B 3 He Lost Weight

Tipping the scale at 260 pounds, security director Jerry Kresge knew he had to take off some weight. He joined Weight Watchers, a program that uses a point system to help people make healthy food choices. "If I eat pasta, it costs me 10 points. If I eat an apple, it's two points. I'm allowed to eat 26 points per day," Kresge says. "It makes me disciplined, and I look forward to being weighed at meetings." In seven months, Kresge lost 50 pounds, lowered his cholesterol by 20 points and feels less stress on his joints. "I wouldn't have done it without the Culture of Wellness benefit," he says. "Now I'm looking for different classes to take."



C 2 She Got Fit

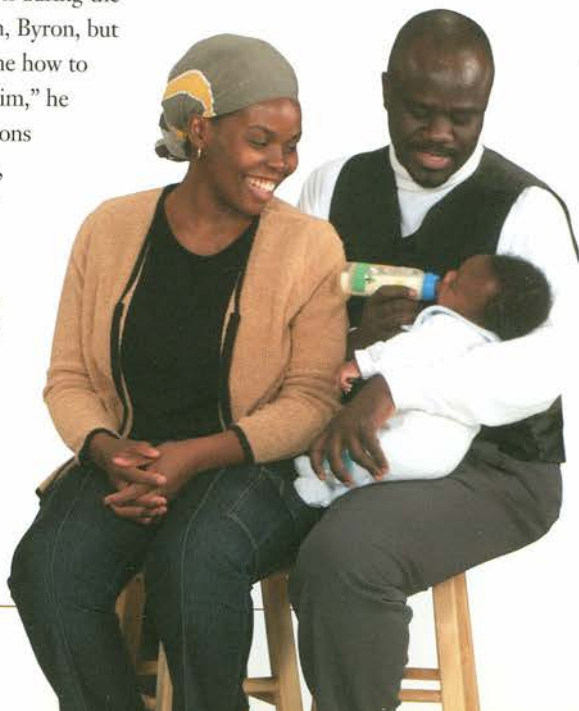
Center for Professional Excellence analyst Stephanie Pacelli found a way to lose weight, tone up and reduce stress. Twice a week, she gets an excellent cardiovascular workout at a kickboxing class and a great strength-training workout at a weightlifting class. “I have an easier time with household chores, like raking leaves and shoveling snow,” she says. “Plus, I have more confidence in myself.” Yoga classes improve her flexibility and massages reduce the stress that comes with the challenges of a full-time job and the pursuit of her master’s degree. “For me, Culture of Wellness is a convenient way to be healthy.”



A 4 They Prepared for Childbirth

When OR support partner Newton Adoyo and his wife, Anne Murunga, found out they were expecting their first child, they were excited and nervous. They used their Culture of Wellness dollars on classes that prepared them for childbirth and parenthood. “I did exercises to strengthen my stomach, back and pelvic muscles, which helped me carry and deliver the baby with less pain,” Murunga says. “I learned that breastfeeding helps babies develop and helps moms lose weight.” Adoyo not only learned how to be a coach during the birth of their son, Byron, but “classes taught me how to feed and bathe him,” he says. “These lessons helped us before, during and after childbirth.”

Rick Martuscelli



"My Waldorf Astoria"

A special bond between Martha Hotaling and her first-class caregivers helped her make it to the altar

Martha Hotaling of Bushkill thought she had bronchitis last January. But her fever worsened, she continued to sweat through her clothes, and then she passed out on the bathroom floor. Her three dogs woke her, and her fiancé (now husband) took her to the nearest hospital before she was flown to LVH—Cedar Crest by University MedEvac.

Hotaling, 26, had her first case of the flu, and it was worse than she could ever imagine. She stopped breathing, her organs shut down, and within 24 hours, she had 149 life-saving interventions, including a heart catheterization and kidney dialysis. Surgeons also performed fasciotomies—incisions on her arms and legs to release deadly pressure.

For two weeks, Hotaling was on life support. Her care team, including tele-intensivists who use sophisticated cameras and audio equipment to monitor intensive care patients at night, supported her while her body fought the infection. Hotaling rebuilt her strength and learned to walk again—motivated by her desire to walk down the aisle. She married husband Ken in October and is working again as a honeymoon concierge in the Poconos. "Without this first-class care, I wouldn't have made it," Hotaling says. "I know hotels, and to me, Lehigh Valley Hospital is the Waldorf Astoria."



Joan Schultes, R.N., case manager

"They invited us into their lives."

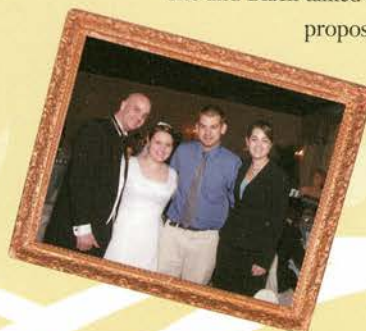
Schultes offered support to Hotaling and her parents, who were at the hospital almost around-the-clock. "They were frightened and had a lot of questions," Schultes says. "We talked a lot about Martha's wedding and her dogs." The day Hotaling breathed on her own again, Schultes surprised her with wedding bells and a guestbook to celebrate.

Cory Black, physical therapy aide

"I was just waiting for a right book."

Every other day, Black helped change the dressings that secured Hotaling's incisions on her legs and arms to a machine that prevents infection. It was so painful Hotaling would shake, despite having pain relievers. "Cory rubbed my hand and joked that I was going to take the pain out on him," Hotaling says. The two became close as she and Black talked about his plans to propose to his girlfriend.

In October, he attended Hotaling's wedding.





At your service—
Martha Hotaling (center) recently returned to LVHHN to give hugs of thanks to those who helped her beat a critical case of the flu. From left: Joan Schultes, R.N., Cory Black, Emily Peterson, M.D., and Matthew McCambridge, M.D.



Regular hand washing can help prevent the flu. Learn more tips in a *Healthy You* magazine story by visiting the intranet at www.lvh.com or calling 610-402-CARE.

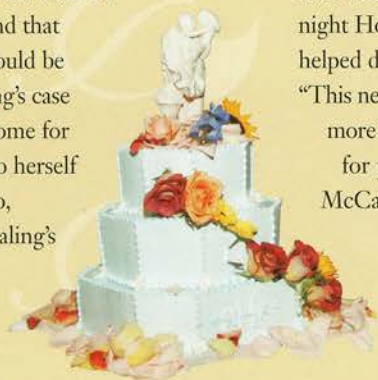
Are we prepared?

The avian flu and other potential disasters are in the news. Learn how we're prepared for emergencies from our experts—John McCarthy, D.O., chief of pre-hospital emergency services, and Luther Rhodes, M.D., chief of infectious diseases—by visiting the intranet at www.lvh.com or calling 610-402-CARE.

Emily Peterson, M.D., surgical resident

"Everything will be OK."

It was an early Sunday morning when Peterson and other members of a surgical team were called to perform Hotaling's fasciotomies. "We weren't able to sedate her because her blood pressure was too low," Peterson says. "I calmly told her what we were doing and that everything would be OK." Hotaling's case hit close to home for Peterson, who herself is 29. She, too, attended Hotaling's wedding.



Matthew McCambridge, M.D., tele-intensivist

"Doc in the box"

That's what Hotaling's mother, Martha Schikschnit, called tele-intensivists like McCambridge, who monitored her daughter in the ICU at night. From his "box" at a remote site, equipped with cameras and two-way audio, McCambridge alerted caregivers the night Hotaling stopped breathing and helped direct her life-saving treatments. "This new technology allows us to make more timely and accurate decisions for patients like Martha," McCambridge says. "It also allows nurses to spend an additional hour (per 12-hour shift) at the bedside with patients."

Eileen Palmer, R.N.

"It was a good save."

That's how Palmer refers to Hotaling's case. "She was hammered by the flu and needed such intensive care. Remarkably, she recovered well." Hotaling remembers: "Eileen cared for me as if I was her child. When it seemed impossible to feel 'girly' while hooked to machines and a ventilator, she washed and brushed my hair. I'll never forget that."



Sally Gilotti

As You Consider Retirement Choice, Ask Yourself...

"Which option provides the most value for me?"

The answer is different for each of us. The value of your benefit could be greater under one option than another, depending on your personal situation and how long you expect to work at LVHHN. To do a complete analysis, you'll need the information from your personalized pension benefit statement and the assistance of our Web-based Retirement Choice modeling tool. Both will be available in early April. In the meantime, here are some things to consider when evaluating your three choices:

Options 1 and 2 offer traditional pension benefits through the Retirement Plan and may be more valuable if you:

- have many years of service with LVHHN or begin your career here later in life
- expect to work at LVHHN until retirement (age 55 or later)
- expect to receive your largest annual salaries later in your career
- contribute little or no money to the 401(k) or 403(b) plan
- take comfort in knowing that your benefit amount will not fluctuate with investment gains or losses
- take comfort in knowing that you can't outlive your benefits

On the other hand, Option 3 includes only account-based plans and may be more valuable if you:

- begin your LVHHN career at a younger age and expect to work here only a few years
- expect to work part-time or per-diem later in your career
- want to contribute at least 4 percent to the 401(k) or 403(b) plan
- want to have an active role in investing the money and tracking investment gains and/or losses
- want to take your benefit with you when your employment with LVHHN ends
- want some flexibility in naming a beneficiary in case of your death

Option 1 Traditional Retirement includes:

- *current* Retirement Plan
- *current* Employee Savings Plan with no match

Option 2 Retirement Plus Matched Savings includes:

- *modified* Retirement Plan with a less generous formula
- *new* Matched Savings Plan

Option 3 Personal Retirement Account includes:

- *new* Personal Retirement Plan funded by LVHHN
- *new* Matched Savings Plan

In the next issue of *CheckUp*, we'll discuss other plan features to consider as you evaluate your choices.

When I/S customer service associate Melanie Schiffert was a young girl, her grandparents took her on a tour across the U.S. In her retirement, she dreams of buying an RV and doing the same for her grandchildren.



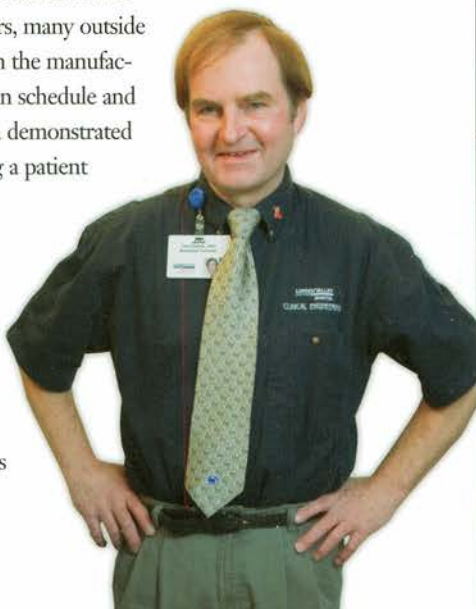
SERVICE STAR of the MONTH

When the critical care team implemented tele-intensivist technology, they needed help to ensure the new computer systems communicated with the hospital's current medical devices. That's when biomedical technician John Sokalsky got involved.

A "machine doctor," Sokalsky worked with information services to develop interfaces—ways to make Metavision's paperless patient charts communicate with critical care devices like patient monitors and ventilators. He worked countless hours, many outside of his regular shift, and consulted with the manufacturer in Tel Aviv to keep the project on schedule and ensure 100 percent accuracy. He even demonstrated the system to the media by simulating a patient experience from a critical care bed.

"Metavision is the future of patient care, and John helped us get there while still completing other projects," says Tod Cook, Sokalsky's clinical engineering colleague. "He works with many different patient care units and always delivers outstanding customer service."

Kimberly Hassler



SERVICE STAR

John Sokalsky, biomedical technician

Congratulations to Award Nominees

Judith Post, R.N., emergency room, LVH-17th and Chew
Nominated by John Wheary, D.O., Lehigh Valley Physician Group

Kim Goff, ultrasonographer, radiology, LVH-Muhlenberg
Nominated by Anne Parsons, Rose McGeehin, Kerri Foley, radiology

Nancy Seislove, X-ray technician, Breast Health Services, LVH-Cedar Crest
Nominated by Neddy Mack, program director, Breast Health Services

Thong Le, M.D., infectious diseases, LVH-Muhlenberg
Nominated by Kathryn Scott, case manager, LVH-Muhlenberg

Rita Heintz, senior revenue cycle educator, and Marybeth McMenamin, educator, revenue cycle education
Nominated by Sheryl Maurer, appeals manager, patient accounting

Louise Andrescavage, nurse practitioner, Center for Women's Medicine, LVH-17th and Chew
Nominated by Barb Davis, patient care coordinator, and Ilene Anderson, L.P.N., of emergency services

Robin Crist, executive assistant; Eileen Klang, clinical educator; Pam Marcks, EMR project manager; Judy Miller, clinical support specialist; and Kathleen Sharp, quality improvement advisor, LVPG Administration
Nominated by Jacqueline Biancardi, patient

Aleta Derwinski, unit clerk, short procedure unit (SPU), LVH-Muhlenberg
Nominated by Joanne Bartish, clinical supervisor

Kathryn Scott, case management, LVH-Muhlenberg
Nominated by Robert X. Murphy Jr., M.D., interim senior vice president, quality and care management

To nominate a star, go to e-mail's bulletin board at **Forms_rewards**. Right click to "use form."



WORKING WONDERS

Lisa McCarty and Gail Keinert saved money while updating our paging system.

For a year, information systems operations manager Lisa McCarty and customer service representative Gail Keinert toyed around with an idea—how to cost-effectively replace the 25-year-old in-house paging system. Their idea took on added urgency when they learned pages weren't received by doctors in the new LVH-Muhlenberg building.

"We needed 247 pagers as soon as possible so our code teams—those who respond to emergencies fastest—could use them," Keinert says. McCarty first looked at keeping the current system and having a transmitter erected at LVH-Muhlenberg, but it wasn't cost-effective.

Ultimately, they found a vendor who provided new and improved pagers within days. "We now have a larger service area and are saving money," McCarty says. Most importantly, the new pagers send messages instantaneously, saving crucial seconds when it matters most.

Kimberly Hassler

How It Adds Up

IDEA	Replace in-house paging system for code teams
BY	Lisa McCarty and Gail Keinert
ANNUAL SAVINGS	\$10,239
AWARD AMOUNT	\$768 each

Submit an idea at home on www.lvh.org, at the hospital on www.lvh.com, via the e-mail W-W_Submissions@lvh.org bulletin board, or via interoffice mail to Jacqueline Straley, management engineering.

Tapping Our Talent

Our interpreter services are growing to help patients communicate with caregivers

As young girls, Josefina Clark, Joanne Mendez and Sheyla Torres scheduled appointments, ordered at restaurants and filled out forms for their parents who spoke little English. Now, as medical interpreters, they help Spanish-speaking patients.

They are part of a new initiative called “Tapping Our Talent.” Last year, they were among 13 colleagues educated through a national medical interpretation course, “Bridging the Gap,” to accurately communicate complicated health information and patients’ questions and concerns.

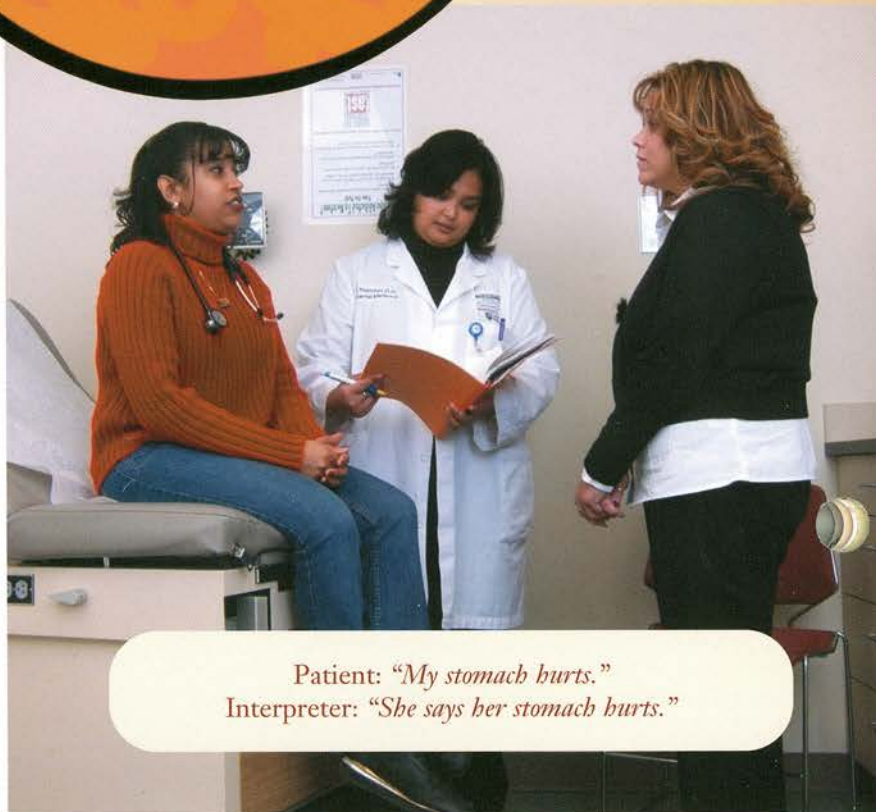
The trio—so passionate about what they do—recently became certified to teach the skill to others. “By training our bilingual staff to be medical interpreters, we help ensure our patients receive the best care,” says Clark, lead interpreter at LVH-17th and Chew.

“Our community is becoming more diverse, and Spanish interpretation is requested most,” says Cindy Beitler, coordinator of interpreter services. “We recently hired more Spanish-speaking interpreters and plan to continue growing our services to help all patients, no matter what language they speak.”

Motivating our interpreters are the patients they have helped. Clark remembers a woman whose newborn suffered from severe brain damage and wasn’t expected to live long. Clark provided interpretation as the women dealt with her son’s diagnosis and decisions about his care. “What would she have gone through without an interpreter to help her accurately communicate with caregivers?” Clark says. “She may not have realized the severity of her child’s illness or her options.”

What's Wrong With This Photo?

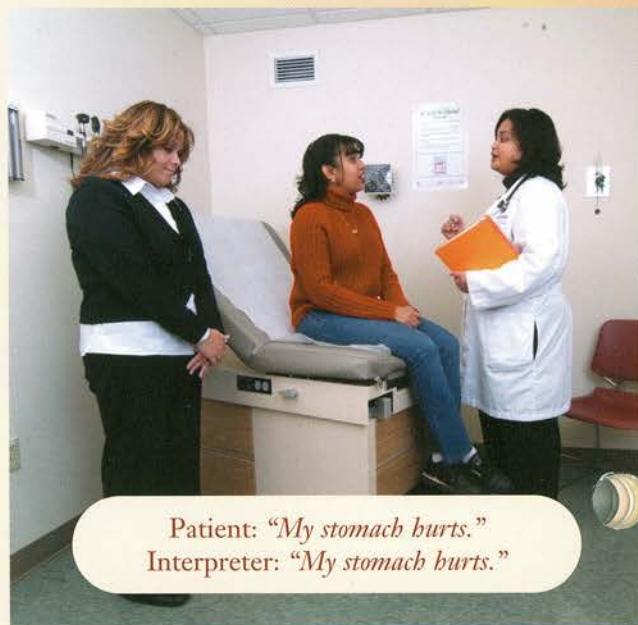
Guess the answers and learn how to work effectively with interpreters



Patient: “My stomach hurts.”
Interpreter: “She says her stomach hurts.”

The Right Way

Dawn Thornton, D.O., is speaking directly to patient Maria Marciano of Allentown while Josefina Clark, lead interpreter at LVH-17th and Chew, interprets. Clark is speaking in first-person and standing slightly behind Marciano.



Patient: “My stomach hurts.”
Interpreter: “My stomach hurts.”



**What's wrong:
Physician is
not speaking to
the patient**

"When using an interpreter, look and speak directly to the patient, not the interpreter. Also, avoid using medical jargon, technical terms and abbreviations. Even when interpreted correctly, these can be difficult for patients to understand."

Sheyla Torres, interpreter



**What's wrong:
Interpreter is
facing the patient**

"Interpreters should stand (or sit) next to or behind the patient. This way the patient and caregiver can make eye contact while speaking directly to each other. The exception is when interpreters use sign language to interpret for the hearing impaired."

Joanne Mendez,
interpreter



**What's wrong:
Interpreter isn't
speaking in
first-person**

"Interpreters should speak in first-person, repeating what the patient says. They should avoid using, 'he says' or 'she says.' This way the physician or clinician can speak directly to the patient, rather than the interpreter."

Joumana Fahl, interpreter



**What's wrong:
Interpreter isn't
following profes-
sional guidelines**

"Don't assume anyone who speaks another language is qualified to be an interpreter—especially a patient's family member or friend. It takes special education. Our own staff must pass a 40-hour course before interpreting for patients."

Cindy Beitler, coordinator
of interpreter services

**What's wrong:
Physician is
reviewing the
patient's chart**

"Be prepared. Before seeing a patient, briefly discuss the patients' history and goals of the appointment with the interpreter. And, be patient. Appointments take longer when using an interpreter."

Ingrid Ferreira, interpreter

Sally Gilotti



Bonus: Did you notice what else is wrong? The patient is wearing a stethoscope and the poster is upside down.

Need an interpreter?

- For a Spanish interpreter at LVH—Cedar Crest or LVH—Muhlenberg, call interpreter services at 610-402-8221.
- At LVH—17th and Chew, call 610-402-2892. If an interpreter is not available, you will be referred to the Language Line, 800-892-5062, for assistance.
- For a patient who speaks a language other than Spanish, call the Language Line, 800-892-5062.
- For sign language interpretation, refer to the Interpreters_List bulletin board for a list of providers.

Need patient education materials in Spanish?

More than 80 are available on the intranet or by calling 610-402-CARE.

Speaking Patients' Language

Spanish wasn't Maria Jones' first choice for language study in high school. In fact, she wanted to study French, but the class was full. What she didn't know then is how important Spanish would become in her life. While in medical school, Jones, M.D., studied in the Dominican Republic and became fluent in Spanish. She now practices with James Freedman, D.O., in Macungie, and heard Centro de Salud LatinoAmericano at LVH—17th Street was very busy. The practice cares for mostly Spanish-speaking patients, and its staff is bilingual. So Jones offered to help out two mornings a week. "It's wonderful to speak to patients in their own language," she says. "It's also an education. With every patient, I learn a new word."



What's Happening at LVHHN

**Jan.
5**

Give the Gift of Life

Barbara Matika, Health Network Laboratories technologist (left), and maternal fetal medicine's Wendy Prutsman, C.R.N.P. (right), are two of the many colleagues who regularly give the gift of life by donating blood. You can help by donating on Jan. 5, or at any of the upcoming blood drives listed below. By donating, you'll be eligible to win prizes, like the "life-saver" blood drop beanies shown here.



MILLER-KEYSTONE BLOOD DRIVES

LVH-Cedar Crest

Classrooms 1, 2 and 3
(6:30 a.m.-4:30 p.m. on all dates)
Thu. Jan. 5
Tue. March 7
Fri. May 5
Tue. July 11
Tue. Sept. 12
Wed. Nov. 8

LVH-Muhlenberg

Conference rooms C and D
Tue. Feb. 28 (7-10:30 a.m.)
Wed. April 26 (7-10:30 a.m.)
Tue. June 27 (7-9:45 a.m.)
Wed. Aug. 30 (7-9:45 a.m.)
Wed. Oct. 25 (7-10:30 a.m.)

Half-Pint Van at LVH-Muhlenberg

Front entrance
Wed. Dec. 20
(7 a.m.-1:40 p.m.)

FOR MORE DETAILS ON ALL PROGRAMS, CALL 610-402-CARE.

**Jan.
3 &
4**

Pilates Express

6 classes
\$36 reimbursable through Culture of Wellness

Tue., Jan. 3; 11 – 11:45 a.m.
Wed., Jan. 4; 5:15 – 6 p.m.

Healthy You Center

Learn to build your core strength with deep muscle conditioning.

**Jan.
5**

Body Wedge 21™

6 classes
\$42 reimbursable through Culture of Wellness

Thu., Jan. 5

6 – 6:45 p.m. Healthy You Center
Learn exercises that target the major fat-storage areas and muscle groups.

Miller-Keystone Blood Drive

6:30 a.m. – 4:30 p.m.
LVH-Cedar Crest, Anderson Wing, Classrooms 1, 2 and 3

Thu., Jan. 5

**Jan.
7**

Family Caregiver Training

FREE
9 a.m. – 4 p.m.

Sat., Jan. 7

LVH-17 and Chew,
Center for Healthy Aging

For caregivers who care for people with Alzheimer's or dementia.

**Jan.
7**

PUMP

6 classes
\$55 reimbursable through Culture of Wellness
9 – 10 a.m. or 10:15 – 11:15 a.m.

Sat., Jan. 7

Healthy You Center

This workout—performed using light weights—will produce visible results.

**Jan.
9**

FlashFit

12 classes/6 weeks
\$36 reimbursable through Culture of Wellness

Mon., Jan. 9

Healthy You Center

Learn this fun, motivating way to boost energy and burn fat.

Integral Healing

FREE
2 – 4 p.m. LVH-17th and Chew, Center for Healthy Aging
Learn how mind, body and spirit work together to promote healing.

Mon., Jan. 9

**Jan.
11**

Let's Talk About Phobias

FREE
7 – 8 p.m. LVH-Cedar Crest auditorium
Learn about emotional and physical reactions to feared objects and/or situations.

Wed., Jan. 11

**Jan.
13**

Ener-Chi

FREE
5 – 6 p.m. Healthy You Center
Check out this free preview of a new class—a fusion of tai chi, kung fu, quigong, yoga and meditation.

Fri., Jan.



Weight Watchers at Work

10 weeks

\$110 reimbursable through Culture of Wellness

Jan. 16, 17, 20 and 26

LVH-Cedar Crest, Morgan Cancer Center conference room 1B
Mondays, starts Jan. 16; 7 – 7:45 p.m.

LVH-Cedar Crest, classroom 1
Tuesdays, starts Jan. 17; 11:15 a.m. – 12 p.m.

LVH-Cedar Crest, auditorium
Tuesdays, starts Jan. 17; 4:45 – 5:30 p.m.

2024 Lehigh Street, classroom 1
Fridays, starts Jan. 20; 11:30 a.m. – 12:15 p.m.

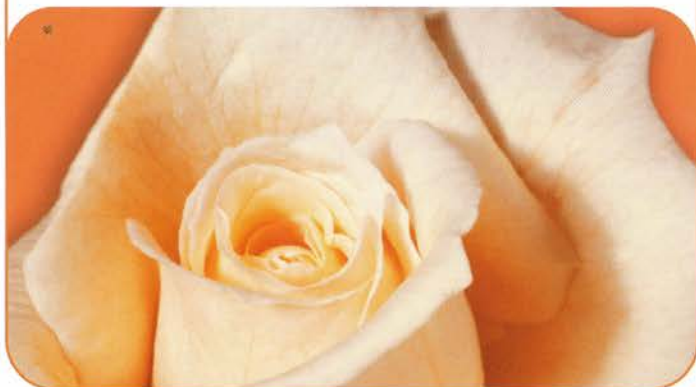
1249 S. Cedar Crest Blvd., lower level conference room
Fridays, starts Jan. 20; 12:15 – 1 p.m.

LVH-17 and Chew, conference room A
Thursdays, starts Jan. 26; 11 – 11:45 a.m.

LVH-Muhlenberg, 1st floor conference room
Thursdays, starts Jan. 26; 4:30 – 5:15 p.m.

Honoring their lives and service to our community

Please join us in remembering how these nurses made an impact in the lives of their family, colleagues and patients in February's *CheckUp*: Gyl Corona, R.N., Sandra Eberwein, R.N., Ellen Warmkessel, R.N., and Linda K. Houck, L.P.N.



Meet LVHHN's New PHYSICIANS



Sashidhar Bollini, M.D.

DEPARTMENT

Medicine

DIVISION

Internal Medicine

PRACTICE

Solo Practice
(Laurence P. Karper, M.D.)

EDUCATION

Universidad Technologica de Santiago

RESIDENCY

Easton Hospital



Mei Y. Wong, M.D.

DEPARTMENT

Surgery

DIVISION

Neurological Surgery Section
of Neuro Trauma

PRACTICE

Neurosurgical Associates of LVPG

EDUCATION

Cornell University
SUNY at Buffalo School of Medicine

RESIDENCY

SUNY at Buffalo Consortium Hospital

FELLOWSHIP

Roswell Park Cancer Institute

A
Culture
of
Wellness
Improved benefits to help you stay healthy

CULTURE OF WELLNESS FAIRS

Learn about health improvement classes where you and your family can spend your \$500 benefit. Enroll in our Tobacco Treatment Program, now covered under Choice Plus. Plus, prizes, raffles and refreshments!

LVH-Cedar Crest,
Anderson lobby, classroom 2
Wed., Jan. 11; 11 a.m. – 2 p.m.

LVH-Muhlenberg,
lobby
Mon., Jan. 16; 11 a.m. – 2 p.m.

LVH-17 and Chew,
Center for Healthy Aging
Thu., Jan. 19; 11 a.m. – 2 p.m.

1 New Hope for Parkinson's Patients Vilma Miller, 78, of Bethlehem (right), pictured here with physical therapist Nancy Castaldo, has suffered from Parkinson's disease for three years. But thanks to the new Get Up and Go program, she's able to get gentle exercise and tips to help control her Parkinson's. "It's the best thing that could've happened to me," Miller says. The group meets every Tuesday at LVH-Muhlenberg and also provides a forum for family and friends who care for their loved ones.

2 Talk of the Town Congressman Charlie Dent (far right) of the 15th district (including Lehigh and Northampton counties) joined Robert Stead of the Centers for Medicare and Medicaid Services (CMS) for a Town Hall Meeting at LVH-Cedar Crest. The topic: the new Medicare Prescription Drug Benefit Program. The forum gave approximately 150 Lehigh Valley citizens an opportunity to voice their opinions and concerns.

3 Meet Richard the Robot LVH-Muhlenberg pharmacy director Christina Marucci (left) and pharmacy technician Coleen Schmick hold a single-packed dose of medication selected by the hospital's brand-new robot. Affectionately called "Richard," the robot uses bar-code technology to select and fill individually wrapped doses of medication for patients, improving accuracy and safety. Richard is our pharmacy department's second robot, joining "Robby," the pharmacy robot at LVH-Cedar Crest.

4 This Won't Hurt a Bit Catherine Monhollen, CRNP at the Center for Women's Medicine, was one of more than 150 volunteers helping administer free influenza vaccinations to more than 3,100 Lehigh Valley residents in November. This clinic, held at LVH-Cedar Crest, included both walk-up and, for the first time, drive-through vaccinations, designed to best accommodate adults with disabilities. A second clinic was held at LVH-Muhlenberg in December.

5 Statewide Safety Excellence We're one of the safest hospitals in Pennsylvania. This year, we earned the Governor's Award for Safety Excellence by achieving significant reductions in needle-stick injuries, OSHA (Occupational Safety and Health Administration)-recordable injuries and illnesses, and lost workday cases. Accepting the honor from Pa. Dept. of Labor and Industry Secretary Stephen M. Schermerin (fourth from left) are colleagues (l-r) Anna Marie Phillips, Rose Lippy, Karlene Britzenhoff, John Lehr, Don Hougendobler, Jerry Kresge, Barbara Caserta, Michael Mauser and Tim Docherty.

6 Tree of Light Loved ones view a memory tree planted in the LVH-17th and Chew garden. Its white lights were purchased by family and friends to honor and memorialize more than 200 Lehigh Valley Hospice patients and were lit during a recent Tree of Light ceremony. The lights will glow through January. Several hospice volunteers suggested the idea to Arlene Turner, coordinator of hospice volunteer services. "They had heard of similar ceremonies held across the country, and we thought it was a great way to remember those we've cared for each year," Turner says. More than \$10,000 was raised for hospice services. Lehigh Valley Hospice also recognized its 25th anniversary and offered tours of its newly renovated inpatient unit at LVH-17th and Chew.



Be an LVHHN Advocate Collette Heffron (left) wanted a second opinion when her husband was prescribed a medication to treat MS from another hospital. Her friend, endocrine testing coordinator Roberta Hower, R.N., took initiative to make sure it happened—she scheduled an appointment for them at our MS Center, where doctors determined the medication was prescribed prematurely.

Have you referred a patient to LVHHN? If so, call 610-402-3175 or e-mail Richard.Martuscelli@lvh.com. Your story may be featured in *CheckUp*.



It's Been a Blast

Who knew the blasting procedures at the new Kasych Family Pavilion site would get so much attention? Every weekday, colleagues gathered to get a good view of the explosions that broke up hundreds of tons of rock for the new seven-story tower. Blasting proved to be less disruptive than the constant hammering noise that would have been caused by hydraulic rock breakers.

Here's the latest on other continuing projects:

Kasych Family Pavilion—Excavation will continue while crews prepare to start the new foundation.

Center for Ambulatory Medicine—Construction of the building shell continues for the newest medical office building on the Cedar Crest campus.

Utility Work—In preparation for the construction of the parking decks along the front of the campus, crews will relocate utilities near the front of the the 1210 Building, Jaendl Pavilion, Anderson Wing and main entrance.

As the expansion project continues, be sure to pay close attention to signs and traffic patterns while driving through the campus for the safety of pedestrians and visitors.

To get the latest construction updates or to ask questions, visit the intranet at www.lvh.com or call 610-402-CARE.



An air horn sounded, an explosion followed and a puff of smoke lifted skyward, much to the delight of crowds that gathered in front of a second-floor hallway window to watch crews break up rock at the new Kasych Family Pavilion site.



Celebrating 35 years!

Richard Strauss

Technical partner, Neuroscience Intensive Care Unit

Most Memorable Moment Here

The camaraderie among colleagues at a surprise birthday party for technical partner Pam Owensby on the neuroscience unit

My Inspiration at LVHNN

I worked alongside Frances Arenas, R.N., on the neuroscience unit. She always found time to teach me new things and answer my questions.

Best Virtues

I'm always early.

Other Areas Where I Worked

6B and Neuroscience Unit

Favorite Pastimes

Fishing

Favorite Cafeteria Food

Meatloaf



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Marketing and Public Affairs

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40 YEARS

James Hofstetter
Plant Engineering

35 YEARS

Alice Madden
Radiology Admin

Richard Strauss
Neuroscience ICU

30 YEARS

Cheryl Clemens
Respiratory Therapy

David Dylewski
Dept. of Psychiatry

Karen Gerlach
Dept. of OB/GYN

Diane Mazurek
Progressive Coronary Care Unit

25 YEARS

David Bowers
Clinical Engineering

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Center for Women's Medicine

Cynthia Kern
Neonatal ICU

Gayriel Lester
Specialty Float Pool ER

Teresa Ostrelch
ICCU/CCU

Mary Patari
Pediatric Intensive Care Unit

Ann Reeder
5B Medical/Surgical Unit

Linda Sterner
Center for Women's Medicine

Melissa Wright
Marketing/Public Affairs

20 YEARS

David Ambrose
Plant Engineering

Kathleen Baker
Tele-Intensivist

Daniel Berg
Materials Mgmt - Info Technolo

Pauline Coombe
Spec Pharm CC

Barbara Edelman
Medical Records

Terry Hilliard
Transitional Skilled Unit

Susan Ockovic
Human Resources Administration

Maxine Rhode
Financial Coordinator

Kathleen Scaief
Marketing/Public Affairs

Pamela Stasko
Hospice Admin & General

15 YEARS

Kelly Binder
Physical Therapy

Christine Blasko
Operating Room

Linda Christman
Progressive Coronary Care Unit

Anne Dainauski
MICU/SICU

Frances Duddy
Security

Lisa Frederickson
Radiology-Diagnostic - CC

Linda Hoffman
CECE Ctr

Janet Hower
Disease Management

Ann Hurson
Medical Records

Joseph Kalmar
Plant Operations

Patricia Kimble
Lab- HLA

Linda Kuhns
Medical Records

Michelle Lagler
4A Medical Surgical Unit

Harold Rogers
Sterile Processing

Judith Rooney
Radiation Oncology

Margaret Scheifele
CECE Ctr

Sharon Schippang
Occupational Health

Phillip Sebastianelli
Radiology - Diagnostic 17th

Nancy Seislove
Breast Health Svcs

Cedar Crest

Donna Stevens
Psychiatric Rehabilitation

Michele Wagaman
Info Svcs Clinical Service

Colette Wint
Physical Medicine

Jane Zubia
Mammography

10 YEARS

Deborah Bryant
Employee Assistance Program

Robin Chase-Sittig
Employee Assistance Program

Joanne Cohen
Family Practice - Education

Carol Figlioli
Joseph Greybush, M.D.

Nancy Gagne
Sterile Processing

Joseph Greybush, M.D.
Joseph Greybush, M.D.

Sally Harris
Joseph Greybush, M.D.

Barbara Leh
OB/GYN Associates

Robert Lichtstein
Respiratory Therapy

Oliver Neith
Employee Assistance Program

Gail Novosat
Employee Assistance Program

Bernadette Porter
Health Studies

Tricia Schiavone
LVPG Billing

Beth Schoch
LVPBS

Marjorie Trinkle
Joseph Greybush, M.D.

Heather Unangst
Obstetrics

Linda Unser
Employee Assistance Program

5 YEARS

Kelly Aurand
Home Care - Skilled Nursing

Jennifer Braun
Nursing Float Pool

Alexander Fartel
Plant Operations

Rosalie Favere
Adult Psychiatry Unit

Kimberly Flegler
LVPBS - Hematology

Kristin Flora
School Health

Patricia Golden
Progressive Coronary Care Unit

Madeline Gonzolez
RHCM

Sarah Karol
Obstetrics

Barbara Kren
Info Svcs

Rosaria Lentini
Financial/Admin Sys

Linda Lewis
4A Medical Surgical Unit

Joseph Merti
Supply Distribution Services

William Monacci
Neurological Surgery

Judy Muth
College Heights OB/GYN

Mary Namiak
Cancer Data Management

Samuel Nevins
Operating Room

Carol Norton
Emergency Department

Laura Quarmley
Physical Medicine

Online Rivera
Radiology Admin

Wildredo Rodriguez
RHCM

Catherine Vance
Lovar

Veronica Wesolowski
Heart Station

William Yob
Plant Operations

Kelly Ziegler
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